



HNP Newsletter

July 2019



Beating the Summer Heat!

When facing the hot and humid month of July, hydration can become a problem. Dehydration can happen quickly to people who are not receiving an adequate amount of fluids. Dehydration can cause headaches, muscle cramps, dark yellow pee dry mouth, and excessive thirst.

To prevent dehydration, people should drink 1ml of water per calorie or 35ml of water per kilograms of body weight. Drinking water is not the only way to reach hydration needs. Watermelon would be an excellent example of a food that can help with the prevention of dehydration.

UPCOMING EVENTS & DEADLINES

Trainings

July 10th
 Course: CACFP Refresher
 Time: 1-4 pm
 Location: 5401 S. UNIVERSITY
 LITTLE ROCK, AR 72209

July 15th
 Course: NSLP Training
 Time: 10-4 pm
 Location: 5401 S. UNIVERSITY
 LITTLE ROCK, AR 72209

July 18th
 Course: CACFP New Participant
 Time: 9 am-4pm
 Location: 5401 S.
 UNIVERSITY
 LITTLE ROCK, AR 72209

July 24th
 Course: CACFP At-Risk
 Time: 9 am-4 p.m.
 Location: 5401 S.
 UNIVERSITY
 LITTLE ROCK, AR 72209

Webinars:

NSLP- Strategies for School Wellness program
 July 25th, 2-3 PM
 Register: [Click Here](#)

CACFP: Crediting Vegetable Noodles and Coconut in CNPs. Prerecorded Link: [Click Here](#)

An easy snack that helps with hydration and provides a healthy way to implement fruit for the day.



Fruit Salad

Yield: 6 Portions

Portion size: 1/2 cup

| Ingredients | Measure | Directions |
|--|---------|--|
| Strawberry, Sliced | 1 cup | stir the fruit in a medium-size bowl. Cover and chill the bowl or serve the dish as quickly as possible. |
| Watermelon, Cubed | 1 cup | |
| Pineapple, Sliced | 1 cup | |
| <p>CACFP Crediting Information: 1 salad serving provides ½ cup fruit.</p> | | <p>Using a No. 8 scoop, portion 1/2 cup fruit mixture</p> |



NEW Resource Material & Policy News

Offer versus Serve (OVS) National School Lunch Program Posters and Lunch and Breakfast OVS Tip sheets! <https://www.fns.usda.gov/tn/offer-versus-serve-national-school-lunch-program-posters>.

National Farm to School Network- Handbook: 2002-2018- To view: [Click here](#)

Webinar Recording: Navigating the Food Buying Guide Calculator To view : [Click Here](#)

Technical Tip of The Month

“Check with your State agency for additional guidance first! Adding sites, changing meal times or budget concerns include your State agency so that everyone is in the know.”

- Perry Hunter

How to choose a good watermelon!

- You are looking for a firm, symmetrical watermelon that is free from bruises, cuts or dents.
- The watermelon should be heavy for its size. Watermelon is 92% water, most of the weight is water.
- The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun.

GETTING TO KNOW OUR STAFF: Robert Majors

What is your favorite type of food?
Steak and Mashed Potatoes

How is your DHS Experience?
Good work experience here at DHS.
He enjoys knowing that his work helps the public.

What is your job position?
Program Specialist- Claims & Billing

